

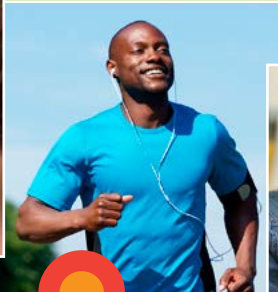
# the buzz

August 2018

## PURSUIT OF HAPPINESS



RELATIONSHIPS



HEALTH



GRATITUDE



PLEASURE



WORK

*"Happiness is not a station you arrive at, but a manner of traveling."* - Margaret B. Runbeck

Happiness is intertwined in all aspects of our lives. It affects relationships, health and work. When we are happy, life is good! Is it possible to achieve overall life happiness?

**40% of our happiness is based on intention.** This means we can take steps and actions to increase our happiness! Learn how gratitude, forgiveness, pleasure/gratification and recognizing and disputing pessimistic thoughts can lead to overall happiness.

### Gratitude

Practicing appreciation enables us to feel less envy, anger, resentment and regret and leads to positive emotions like joy and contentment. Practice gratitude by writing down 1-3 items you are grateful for each day.

### Forgiveness

Stop empowering those who may have wronged you. The only person hurting is you. Try the following to reach a state of forgiveness:

**R: Remember** the hurt using an objective perspective by setting emotions aside.

**E: Empathize** and try to understand why this person hurt you.

**A: Altruistic** gift of forgiveness. Remember when you have hurt others and were forgiven.

**C: Commit** yourself to forgive.

**H: Hold** on to your forgiveness. Remember that you have forgiven this transgression. Make peace!

### Pleasure vs Gratification

Pleasurable activities can be sensory (touch, smell, taste), packed with emotions, require little thought and can lead to temporary harmony or comfort. One example is completing a short meditation practice. Gratifying activities are ones we enjoy doing that require thinking and interpretation. One example is completing a favorite hobby. Both pleasurable and gratifying activities can lead to happiness.

### Recognize and dispute pessimistic thoughts

Stop negative self talk by following these tips: 1) Recognize these thoughts, 2) Imagine these thoughts like they were said by a third person. Negative self talk will decrease once you start thinking this way! Another activity can include proving these thoughts are false. Ask yourself "Is this thought true?" Worry could be another form of pessimistic thought. Recognize when you worry and remind yourself that most of what we worry about never happens.

### Employee Assistance Program

Try the above tips to improve your happiness. For more information and resources on happiness and life balance, go to [bjceap.com](http://bjceap.com). BJC EAP offers confidential guidance to City of St. Louis employees and their covered family members when personal or work-related problems become difficult to manage alone. Call 314-747-7490 to make an appointment.

# August Happenings

## On the Move pedometer program

Get up and move more in this program that encourages participants to track their activity level by using a pedometer. Participants will learn how to safely increase their activity level in this seven week challenge. All participants who successfully complete On the Move will earn a Bee-Fit walking belt and shoe wallet.

**Start date:** August 6

**End date:** September 23

Sign-up by contacting Bee-Fit Coordinator Cathy Hargrove by e-mailing [hargrovec@stlouis-mo.gov](mailto:hargrovec@stlouis-mo.gov) or phone at 314-622-4849.

## Mammography Screenings

Appointments must be made in advance by calling 800-600-3606 (press Option 2) between 8 a.m.-4:30 p.m., Monday-Friday. No walk-ins will be accepted.

August 9	City Hall	1200 Market St., St. Louis, MO 63103	8 a.m.-3 p.m.
August 21	Police Division- South Patrol	3157 Sublette Ave., St. Louis, MO 63139	1-7 p.m.
August 22	Police Division- North Patrol	4014 Union Blvd., St. Louis, MO 63115	12-6 p.m.

## August Blood Pressure Clinics

Join BJC nurse, Sharon Brightfield, as she measures your blood pressure and provides education on maintaining healthy hypertension levels.



August 7	Refuse Department	1200 Central Industrial Dr., Ready Rm., St. Louis, MO 63110	1:45-2:15 p.m.
August 7	Street Department	1900 Hampton, St. Louis, MO 63139	3-4 p.m.
August 14	City Hall	1200 Market St., Rotunda, St. Louis, MO 63103	10-11 a.m.
August 14	Carnahan	1114 Market St., Rm. 932, St. Louis, MO 63101	11:30 a.m.-noon
August 14	Airport-Main	10701 Lambert Intl. Blvd., St. Louis, MO 63145	1-2 p.m.
August 14	Airport-Materials Mgmt.	4780 St. Andrew Ln., St. Louis, MO 63044	2:30-3 p.m.
August 21	1520 Market	1520 Market St., 2nd floor Bee- Fit Rm., St. Louis, MO 63103	10:30-11:30 a.m.
August 21	City Justice Center	200 S. Tucker Rd., Quiet Rm., St. Louis, MO 63102	1:15-2:15 p.m.
August 21	Water Department- McRee	4600 McRee Ave., St. Louis, MO 63110	3-4 p.m.
August 28	Water Department- Chain of Rocks	10650 Riverview Dr., Lunch Rm., St. Louis, MO 63137	1:15-1:45 p.m.
August 28	Medium Security Institution	7600 Hall St., Lunch Rm., St. Louis, Mo 63110	2:15-3:15 p.m.



Find answers to the below questions in this current August Buzz edition. Submit answers to the questions below by e-mailing Bee-Fit Coordinator Cathy Hargrove at [hargrovec@stlouis-mo.gov](mailto:hargrovec@stlouis-mo.gov), faxing 314-612-1488 or calling 314-622-4849 no later than August 15 to be eligible for entry into the raffle for a Bee-Fit prize.

1. 40% of our happiness is based on \_\_\_\_\_.
2. What is one of the four points listed in "Pursuit of Happiness" that may help increase overall happiness?  
\_\_\_\_\_
3. What date is the City Hall Mammography screening? \_\_\_\_\_





June Wellness  
Trivia Winner  
Heather Ware



Provided by:  
Department of Personnel and BJC HealthCare  
for the Bee-Fit Wellness Program

For more information:  
Contact Cathy Hargrove at 314-622-4849 or  
[hargrovec@stlouis-mo.gov](mailto:hargrovec@stlouis-mo.gov)

Look for us on:  

**BJC** HealthCare